

Summary of  
Findings in the  
State of New  
Hampshire

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Tobacco Prevention &  
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## Secondhand Tobacco Smoke in New Hampshire

In 1993, the U.S. Environmental Protection Agency labeled secondhand smoke a "Group A carcinogen," a substance known to cause cancer in humans. Secondhand smoke is defined as smoke escaping from burning tobacco products as well as smoke exhaled by smokers. It has also been known as "environmental tobacco smoke," "involuntary smoking," or "passive smoking." Secondhand smoke is composed of more than 4,000 different chemicals. More than 40 of these are known to cause cancer in humans or animals.

Secondhand smoke has been linked to a variety of health problems, including lung cancer, heart disease and chronic lung disease. It has been estimated to result in 3,000 lung cancer deaths a year in the U.S. among nonsmokers.

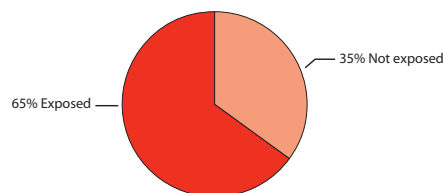
In children and adolescents, secondhand smoke can damage developing lungs, and increase cases of pneumonia and bronchitis. Children exposed to secondhand smoke are more likely to have reduced lung function and increased cases of ear infection due to the buildup of fluid in the middle ear. Secondhand smoke increases the number

of asthma attacks and makes attacks worse. Secondhand smoke may be responsible for as many as 1.6 million office visits for middle ear infections and 300,000 cases of childhood bronchitis and pneumonia in the U.S. per year.

### New Hampshire Youth Exposed to Secondhand Smoke

In 2001, 65% of NH 6-12 graders had been exposed to secondhand smoke by being in a room or in a car in the previous week with someone who was smoking cigarettes. (Figure 1)

**FIGURE 1**  
New Hampshire youth exposed to  
secondhand smoke, 2001 NH YTS



Funding: Tobacco Use Prevention Fund/Centers for Disease Control and Prevention #U32/CCU110624

### New Hampshire Youth Exposed to Secondhand Smoke, Cont.

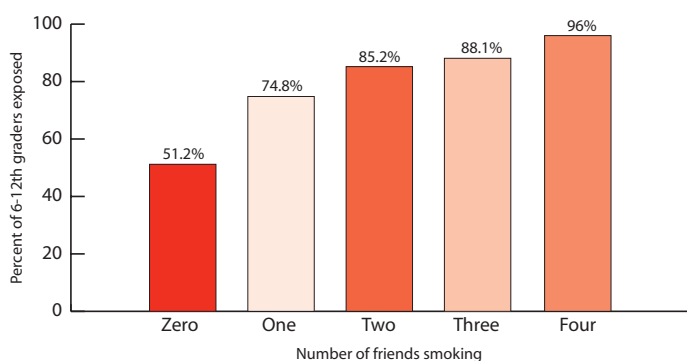
Youth were more likely to have been exposed to secondhand smoke if they:

- Were in grades 9-12;
- Had one or more close friends that smoked (Figure 2);
- Lived with someone who smoked;
- Lived in a home where someone had smoked inside in the past month (Figure 3);
- Smoked themselves.

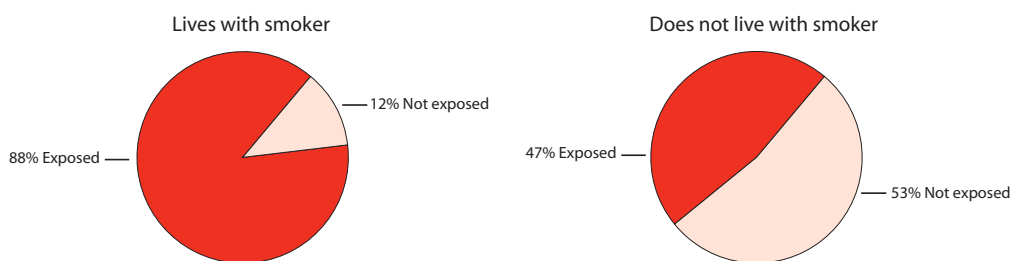
### SCHOOLS AND TOBACCO

New Hampshire law does not allow tobacco use on school grounds. Most schools have rules that reflect this. However, in 2002, only half of New Hampshire's schools had rules against tobacco use by visitors at off-campus, school-sponsored events and three quarters had rules against tobacco use by teachers at these events.

**FIGURE 2**  
Exposure by number of friends who smoke, 2001 NH YTS



**FIGURE 3**  
Secondhand smoke exposure of youth and smoking status of household members, 2001 NH YTS



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## Adults and Families Exposed to Secondhand Smoke

### SECONDHAND SMOKE IN HOMES

In 2001, 67% of NH adults lived in homes with rules that did not allow any smoking inside. Adults were more likely to live in homes that did not have rules against smoking if they:

- Had incomes of less than \$35,000;
- Had less than a high school education;
- Were current smokers.

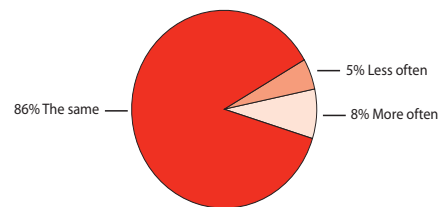
### SECONDHAND SMOKE AT WORK

In 2001, 79% of NH adults who worked inside worked at sites where rules did not allow smoking in public areas or work areas. Adults were more likely to work at places where smoking was allowed if they:

- Had incomes of less than \$35,000;
- Had less than a college degree;
- Were younger (ages 18-34) or older (65 years or older) workers.



**FIGURE 4**  
How often NH adults would dine out if restaurants were smoke free, 2000 NH BRFSS, 2001 NH YTS



### SECONDHAND SMOKE IN RESTAURANTS

In 2001, only 57% of NH restaurants were smoke free and only 20% of restaurants that allowed smoking said that they were likely to be smoke free in the near future.

In 2000, 72% of NH residents said that they requested non-smoking seating when dining out, 86% of NH residents said that if all restaurants became smoke free they would dine out the same amount as before, 8% said that they would dine out more often and 5% would dine out less often. (Figure 4)



#### CONCLUSION

Secondhand smoke is a cause of cancer in adults and has been linked to heart disease among nonsmokers. In children, secondhand smoke increases the number and severity of asthma attacks, cases of pneumonia, bronchitis and inner ear infections. It has also been associated with SIDS (Sudden Infant Death Syndrome) and reduced lung function in youth. In New Hampshire, both youth and adults continue to be exposed to secondhand smoke. The New Hampshire Tobacco Prevention and Control Program has made eliminating exposure to secondhand smoke one of four program goals. The other three goals are: preventing youth from starting to use tobacco; promoting quitting among tobacco users; and prioritizing efforts to reach those populations most affected by tobacco.

**Tobacco**  
**LIVE FREE OR DIE**  
NH TOBACCO PREVENTION & CONTROL PROGRAM

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